

WISCONSIN WIC APPROVED FOODS LIST
Effective November 1, 2007 through October 31, 2010
Wisconsin Women, Infants And Children Nutrition Program

COLD CEREALS - 9 OUNCES OR LARGER (Children & Adults)

Cereals with (*) provide 100% of daily value folic acid

Combinations of cold, hot, and/or infant cereals not to exceed amount stated on check. Boxes or bags are allowed.

Not Allowed: Single serving packets (unless stated), canisters, low-carb/carbohydrate, organic.

GENERAL MILLS: Cheerios (plain), Multi-Grain Cheerios*, Corn Chex, Multi-Bran Chex*, Rice Chex (plain), Wheat Chex*, Kix (plain), Total Whole Grain (plain)*, Wheaties (plain)

KELLOGG'S: Corn Flakes (plain), Crispix (plain), Special K (plain)*, Mini-Wheats Frosted Big Bite, Mini-Wheats Frosted Bite Size, Rice Krispies (plain)

MALT-O-MEAL: Frosted Mini-Spooners*

POST: Banana Nut Crunch, Bran Flakes (plain), Grape Nuts (plain), Grape Nuts Flakes, Grape Nuts Trails Mix Crunch, Honey Bunches of Oats (Almond, Cinnamon, and Honey Roasted)

QUAKER: Life (plain)*, Oatmeal Squares (plain)*, Oatmeal Squares Cinnamon*

STORE BRANDS: Store brands may be bought for the following types of cereals: Corn Flakes (plain), Crisp or Crisp(y) Rice (plain), Frosted Shredded Wheat Bite Size (not Post), Tasteos or Toasted Oats (plain)

HOT CEREALS (Children & Adults)

Cereals with (*) provide 100% of daily value folic acid

Combinations of cold, hot, and/or infant cereals not to exceed amount stated on check.

CoCo Wheats, Malt-O-Meal Original (plain)*, Malt-O-Meal Chocolate*, Nabisco Cream of Wheat: 1 Minute (plain), 2 ½ Minute (plain), 10 Minute (plain), Instant (Plain in packets only), Quaker Instant Grits (Original and all flavors in packets), Quaker Instant Oatmeal (Plain in packets only), Farina (by Farina Mills), Store Brand Instant Oatmeal Regular Flavor (Plain in packets only)

Not Allowed: Single serving packets (unless stated), canisters, low carb/carbohydrate, organic.

JUICE (Infants, Children and Adults)

100% juice, unsweetened, pulp and pulp-free; added vitamins and minerals such as calcium.

Not Allowed: Drinks, cocktails, beverages, sweetened, organic, reduced/low-acid, glass bottles, boxes, unfrozen concentrate, infant juices, refrigerated cartons unless stated on the check.

46 oz. Can or Plastic Bottle

All Flavors: Juicy Juice (except Harvest Surprise), Northland

Apple: Great Value, Hy-Top, Indian Summer, Musselman's, Seneca, Tree Top

Grape: Welch's 100% Grape and Welch's 100% White Grape

Grapefruit (White, Pink or Red): Any Brand

Orange: Any Brand

Orange-Grapefruit: Any Brand

Pineapple: Any Brand

Tomato: Campbell's (Any variety except organic), Del Monte, Red Gold (plain)

Vegetable: Campbell's V8 (Any variety except Splash and V. Fusion), Red Gold

Frozen Concentrate - 11.5 - 12 oz. Container

All Flavors: Dole (100% juice only), Langers (100% juice only), Minute Maid (Orange Passion and Orange Tangerine only), Old Orchard (all with green caps), Welch's (all with yellow tear strip)

Apple: Flavorite, Food Club, Hy-Top, IGA, Our Family, Roundy's, Seneca, Shurfine, Tree Top

Grapefruit (White, Pink or Red): Any Brand

Orange: Any Brand

DRIED BEANS, PEAS, LENTILS

All types, mixed, bulk. 16 oz. (1 lb.) or less bags.

Not Allowed: Fresh or frozen, added ham bits, seasoned, organic, canned unless stated on check.

PEANUT BUTTER

18 oz or less. Glass and plastic containers. All brands of creamy, crunchy, extra-crunchy, natural or old-fashioned, low sodium/salt, reduced/no sugar.

Not Allowed: Peanut butter with jam, jelly, honey, marshmallow, chocolate, fruit, or added vitamins; whipped; peanut spread; peanut butter in tubes or individual servings; honey roasted; reduced fat; peanut butter from health food, diet (for example, Fifty 50) or refrigerated section; organic.

(OVER)

CHEESE

Various sizes. Quantity is stated on the check. Reduced fat is allowed.

Blocks: American, Brick, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Provolone, Swiss (and baby swiss), Mixtures of cheese listed (such as cojack)

Other: American (sliced but not individually wrapped), cheese curds, string cheese (not individually wrapped)

Not Allowed: Shredded, sliced (except American), crumbles, sticks and other shapes, cheese foods, spreads, products, specialty, goat cheese, smoked, herbed, flavored, cheese from deli, imported, organic, reduced sodium, reduced cholesterol, kosher unless stated on check.

EGGS

White, brown, any grade, any size. 1-dozen carton. Pasteurized in shell allowed.

Not Allowed: Low cholesterol, reduced fat, enhanced, vegetarian, organic, natural, from cage free or free range chickens, increased vitamin E (for example, Eggland's Best) or any other modified or specialty eggs; dried egg mix.

MILK

Plastic, cartons, gallon bags, ½ gallons or gallons clipped together by manufacturer, rBGH & rBGH-free, rBST & rBST-free.

White milk: Gallon only, unless stated on check.

When stated on check:

Lactose-Reduced/Lactose-Free (including calcium fortified)

Quart or half-gallon

Non-Fat Dry: 8-10 quart box

Evaporated: 12 oz can

Not Allowed: Flavored, goat's milk, organic, certified humane, acidophilus, buttermilk, soy, rice, low cholesterol, protein fortified, UHT, milk with added ingredients (for example, Skim Delux), quarts or half gallons unless stated on check, glass bottles, kosher unless stated on check.

INFANT CEREALS

8 or 16 oz. Boxes or bags are allowed. All brands, any grain, mixed grains.

Not Allowed: Added fruit, yogurt or formula; single serving packets; jars; organic; toddler cereals.

FORMULAS

Includes formulas for infants and some children; liquid nutrition products for some women and children. Only the brands, types, and amounts stated on the check.

The following food items are allowed ONLY when listed on the check.

Juice with Added Calcium: 100% juice, unsweetened, pulp and pulp free; added vitamins and minerals.

64 oz Refrigerated Carton

Orange: All brands

Grapefruit: All brands

Blends: All brands

Not Allowed: Juice without added calcium, beverages, cocktails, drinks, organic.

Juice: 100% juice, unsweetened

5.5 - 6 oz Can (in six-packs)

Orange: All Brands

Grapefruit (white, pink or red): All Brands

Pineapple: Dole

Blends: Dole

Not Allowed: Beverages, cocktails, drinks.

Tuna: Size is stated on the check. Canned, light tuna

Not Allowed: Albacore, white, solid, fillet, pouches, reduced or low-sodium, select.

Carrots: Whole fresh carrots, peeled baby carrots, sliced/cut frozen or canned carrots.

Not Allowed: Sliced or cut fresh carrots; organic.

Canned Beans and Peas: 16 oz or less cans only. Plain peas and beans (such as black-eyed peas and kidney beans), refried beans, baked beans, pork and beans, and vegetarian baked beans.

Not Allowed: Beans with sauces, seasonings, meat or other vegetables. Green peas; green, snap, wax and yellow beans; bean and pea soups/chili.

This institution is an equal opportunity provider.